



Growing Healthy Kids Columbus

VISION: *Columbus is a community in which all children have daily opportunities for active play and access to nutritious foods that lead to children entering kindergarten ready to live, learn and play at their best.*

Minutes

August 29, 2017 10:00am - 11:30am
Columbus Public Health, 119C

Attendance

Organization	Member
CPH –Growing Healthy Kids Columbus	Ali Segna
Nationwide Children’s Hospital – Center for Healthy Weight and Nutrition	Megan Gorby
Children’s Hunger Alliance	Michelle Hoffman
CPH – CDC PHAP, Chronic Disease Prevention	Elise Fester
CPH – Strategic Nursing Team	Bob Holomuzki
CPH – Healthy Children Healthy Weights	Hannah Bills, Alyssa Dorsey
OSU Extension – Franklin County	Jenny Lobb
FCPH – Farm to School	Kristin Peters
American Heart Association	Lory S. Winland, Alice Luse
FCPH – Active Living, Safe Routes to School	Ashton Grigley
CDCFC Head Start	Maria Villareal
CPH – Local Food Access	Jalisa Dawkins, Michika Nickerson
Central State University Extension	Renita Porter
Franklin Park Conservatory	Christie Nohle
Moms2Be	Lydia Burney
CPH – Healthy Places, Safe Routes to School	Katherine Swidarski
CPH – Franklin County WIC	Dawn Sweet
OSU – Champion Intergenerational Center	Elizabeth Speidel
United Way of Central Ohio – Columbus Kids	Janet George

STEERING COMMITTEE MEMBERS:

Carolyn Bernard, Columbus City Schools
Megan Gorby, Nationwide Children’s Hospital
Mark Haynes, Children’s Hunger Alliance
Ali Segna, Columbus Public Health
Bobbi Shannon, YMCA of Central Ohio

Carol Smathers, Ohio State University Extension
Dawn Sweet, Franklin County WIC
Hannah Bills, Columbus Public Health
Rebecca Wade-Mdivanian, Ohio State University Life Sports
Maria Villareal, CDCFC Head Start
Matthew Yannie, United Way of Central Ohio

10:00am – 10:30am Member Introductions and Program Updates

All

- Highlights
- New resources/education
- Policy, system and/or environmental changes
- Challenges or barriers

Partner/Organization	Program Updates
Ali Segna, CPH/GHKC	GHKC Steering Committee will meet next month to finalize the Healthy Gatherings Challenge (to be released next month) and re-work the vision statement to incorporate tobacco free environments.
Michelle Hoffman, CHA	Continuing Eat Play Grow Program – targeted toward 3-5 year olds in Cincinnati, Cleveland and Columbus, already completed 8 programs.
Hannah Bills and Alyssa Dorsey, CPH/HCHW	Revising Child Care Action Kit and concurrently revamping website; also converting trainings to online self-paced modules, submitting for Ohio Approval shortly, will pilot in October and then launch for statewide use.
Bob Holomuzki, CPH/SNT	Reeb Community Center had two year anniversary; final Native American Center Farmer's Market Thursday, August 31 st , starting at 10a; back to school flu vaccination starting early September at CPH, coalition members are welcome to place program flyers for parents on front table.
Jenny Lobb, OSU Extension – Franklin County	Beginning 4H Project Green Teacher - a professional development course for school gardening; Dining with Diabetes course will begin again in September - Wednesday evenings on South Side; implementing new SNAP Ed sites, in partnership with CELC.
Kristin Peters, FCPH	Rolling out Ohio Days, My Plate My State at Upper Arlington, Bexley and Canal Winchester schools; FCPH will administer a mass flu clinic in October.
Lori S. Winland and Alice Luse, AHA	Primary One cooking competency course is expanding to 6 sites; 3 sponsored teaching gardens expanding to 4, after success this season; finalizing policy agenda for the year - includes complete streets, healthy vending and statewide early care and education standards around screen time and nutrition.
Megan Gorby, NWC CHWN	Early Childhood Wellness and Nutrition Symposium – October 26, 2017 8a-12:30p, at the Blackwell Inn & Conference Center, \$20 to register at tinyurl.com/2017NutritionSymposium
Elizabeth Speidel, OSU Champion Intergenerational Center	Recently began Food for a Long Life program, introducing strategies to combat food insecurity; been implementing new SNAP Ed sites with OSU extension; kicking off other intergenerational classes and programming, offering ready-to-eat meals and opportunities to create community networks.
Renita Porter, Central State University Extension	New to coalition; referred by Cheryl Graffagnino
Christi Nohle, Franklin Park Conservatory	Just wrapped-up summer Teen Corps program - a paid

	program through county to help teens learn about urban farming and sell resulting produce at the Conservatory Farmer's Market; Two more weeks of Wednesday Farmer's Market 3:30-6:30p, if interested in hosting a booth at the Market, let Christi know – specifically if you can offer SNAP education; New Children's Garden "sprouting" May 2018 – focused on teaching kids about nature and where their food comes from.
Maria Villareal, CDCFC HeadStart	New Head Start performance standards, passing CACFP standards; all-staff conference included worksite wellness emphasis.
Janet George, United Way - Columbus Kids	Columbus Kids is a kindergarten readiness coordination program – includes directing parents to farmer's markets, in addition to other programs and services like Dining with Diabetes.
Lydia Burney, Moms2B	New site on the Hilltop - Open House on September 19 th , sessions start September 26 th , 10a-2p.
Ashton Grigley, FCPH	New FCPH Active Living coordinator; Safe Routes to School.
Jalisa Dawkins and Michika Nickerson, Local Food Access	Working to implement the Local Food Access Plan goals – enhance coordination and communication among existing food resources and agencies, improve access to and education about healthy food, affordable food and local food, increase the role of food in economic development and prevent food related waste; also implementing and evaluating \$100K USDA Farm to School Grant for CCS produce slicer.
Dawn Sweet, CPH/WIC	New WIC grant cycle is upcoming; caseload is falling, but less than in other areas of the nation – Franklin county still holds largest caseload in Ohio; just finished the 3 summer Columbus Public Health Farmer's Markets, distributing 3,900 vouchers, for a total of \$78,000 dollars, hoping for 90% redemption; Moms Quit for 2 – a contracted program, now has 3 workers in outreach clinics across the city.
Katie Swidarski, CPH/SRTS	New Columbus Public Health Safe Routes to School Coordinator.
Elise Fester, CPH/CDP	Currently providing technical assistance on a new city Chronic Disease Plan which will feed into new Community Health Improvement Plan (CHIP) and using GHKC goals/objectives to inform the process – will update the group as project progresses.

10:30am – 10:45am Breaking News

Ali Segna

- *More Playtime with Dad – Lower Obesity Risks for Kids*
 - A new study shows that children with involved fathers have a lower risk of obesity. Activities as simple as making meals, playing outside together, and discipline during the 2 to 4 year range were examined in this study.

- Study results show that by age 4, kids who spent time with their father taking walks and doing other activities were 30 percent less likely to be obese than compared to those who spent less time with their father.
- Each additional daily caregiving task fathers handled - such as help with getting dressed, baths, brushing teeth and bedtime routines - was associated with an additional 33 percent reduction in their child's odds of becoming obese.
- *Sugary Drinks in Pregnancy Can Lead to Weight Woes in Childhood*
 - A new study by Harvard researchers has found that women who forgo sugar-sweetened beverages during pregnancy may help their children avoid excess weight and even obesity later in childhood.
 - The study's findings involved nearly **1,100** Massachusetts mother-child pairs. Researchers looked at the women's sugary and non-sugary beverage intake during the first and second trimesters of pregnancy. The mothers filled out several questionnaires, and the researchers conducted in-home visits, with a median age of nearly 8.
 - Among 8-year-old boys and girls of average height, their weights were about a half-pound more for each additional serving per day of sugary beverages their mother consumed in her second trimester
 - For 8-year-olds who drank at least half a sugary drink a week and whose mothers consumed at least two sugary beverages a day during mid-pregnancy, the children's weights were about **two pounds** more. The results were nearly the same among the children who drank less than that if their mothers drank the sugary beverages in pregnancy.
- *Summertime Sports without the Sports Drinks* – appropriate only for athletes or individuals engaging in prolonged vigorous activity and/or high temperatures and humidity
 - Many children and their parents guzzle Gatorade on the couch watching sports or hungrily drink it up after minor physical exertion. Over the years, researchers, physician groups, and exercise experts learned more about sports drinks and now agree that their use, in most cases, is not warranted.
 - With very few exceptions, you don't need sports drinks to hydrate your body even when you participate in intensely physical sports. Drinking water, it turns out, is the best way to fuel athletic performance for most athletes of all ages.
 - The benefits of sports drinks are appropriate only for athletes or individuals engaging in prolonged vigorous physical activity, and/or those activities performed in high temperatures and humidity.
 - The average American child or adolescent does not engage in enough physical activity to warrant consumption of sports drinks.
 - Water and a balanced diet are recommended and optimal for children and adolescents who do not participate in high-intensity physical activity lasting more than one hour.
 - Sports drinks
 - Are a source of added sugars and contribute to excess energy intake
 - Consumption may increase risk for poor dental health
 - Are a source of sodium and contribute to increasing sodium intakes among American youths
 - May displace necessary nutrients for growing youths
- *Student Acceptance of plain milk increases significantly after flavored milk option removed*
 - A new study by the Rudd Center for Food Policy and Obesity at the University of Connecticut measured plain milk selection and consumption in the years after flavored milk was removed

in two schools. During the first year without flavored milk, 51.5 percent of students selected plain milk. Two years later, 72 percent of students selected plain milk. Both years, student selection and consumption of plain milk dropped significantly on days when 100 percent fruit juice was also available.

- *San Francisco schools cut chocolate milk this school year*
 - The SF district will officially ban chocolate milk, starting in elementary and middle schools this fall and expanding to high schools in the spring.
 - That switch cuts about 35 to 40 calories and 10 grams of sugar from a student's daily intake, supporters say. And that adds up.
 - One carton of chocolate milk includes about 40 percent of the recommended daily allowance of sugar in a child's diet
 - Officials tested the idea in five schools over the past school year and found that in two, there was no decrease in the number of milk cartons kids put on their trays, and there was only a slight dip in the other three.
 - In some schools, kids will drink plain milk without complaint. In other schools, where there are students who strongly prefer flavored milk and who might have nutritional deficiencies, it might make more sense to offer chocolate milk to ensure they get the calcium, vitamin D and potassium they need, said Marlene Schwartz, director of the University of Connecticut Rudd Center for Food Policy and Obesity.
 - That said, national data show most kids drink plain milk, especially at home, and that they will drink it at school as well if that's all that's available, Schwartz added.
 - Most elementary and middle school students attending the summer session at George Washington High School interviewed during a recent school lunch said they didn't care whether chocolate milk was offered or not. Sebastian, age 8, said chocolate milk is "yummy and delicious," and the absence of it at school would be "a bummer, but whatever."
- *Fast Food: Are Their Healthier Food Promises Being Met?*
 - A UConn Rudd Center report examined whether restaurant chains have implemented their voluntary pledges. They examined six restaurants—McDonald's, Burger King, Wendy's, Subway, Dairy Queen, and KFC – that have pledged to remove sugary soda and other soft drinks from menu boards and/or offer healthier drinks and sides with kids' meals since 2013.
 - Key findings:
 - Fast-food restaurants listed healthier drinks on their kids' meal online menus as promised, but one-third or more of restaurant locations listed sugary soda and other soft drinks on their kids' meal menu boards inside restaurants.
 - Restaurants with publicly available healthier kids' meal policy statements were more likely to offer healthier drinks and sides with kids' meal orders.
 - Voluntary healthier kids' meal pledges by fast-food restaurants have increased the number of healthier options available, but inconsistent implementation at restaurants suggest much room for improvement
- *Citywide Vending Price Adjustment – Healthy Options will have no price increase*
 - The city has worked closely with AVI to provide vending locations in the City's buildings with a variety of high quality products and "healthy" selections at a competitive price. Due to continued increases in product costs, the City and AVI have agreed to a price increase on selected vending products effective August 7, 2017. In keeping with the City's Healthy Columbus initiatives and in a continued effort to promote choosing "healthy" vending selections, there will be NO price increase in bottled water, teas, or lower calorie snacks.

- Photo 1: Only water and diet soda. Water \$1.25, soda bottles \$1.60, Soda cans \$1.00
- Photo 2: Water, diet soda, 100% apple juice and 100% OJ. Water \$1.25, Soda cans \$1.00, Juices \$1.50
- Photo 3: Items with green ring indicate a healthier option. Baked chips \$.90, regular chips \$1.00
- *Balance Calories Ohio*
 - Balance Calories Ohio is part of the Balance Calories Initiative, a national, multi-year effort from America's leading beverage companies and the American Beverage Association to help fight obesity by reducing beverage calories consumed per person nationwide by 20 percent by 2025
 - The elements of the program include:
 - Encouraging calorie awareness and balance at points-of-purchase
 - By placing calorie awareness messages on all company-controlled point-of-sale equipment statewide, which includes vending machines, self-serve fountain dispensers and retail coolers in convenience stores, restaurants, and other locations.
 - Increasing interest in and access to reduced calorie beverage choices
 - Including water, no- and lower-calorie beverages and smaller-portion sizes
 - Increasing consumers' awareness of calorie balance through a statewide awareness and engagement program
 - Ohio's leading beverage companies will take part in a number of events throughout the state to promote Balance Calories. Through these events, Ohio's beverage companies will encourage Ohioans to "Balance What You Eat, Drink & Do." Some of the events include a program launch with the City of Columbus and Mid-Ohio Foodbank, and balance awareness activities at the Ohio State Fair.
 - In Central Ohio, the Ohio Soft Drink Association and Ohio's beverage companies will partner with the City of Columbus and Mid-Ohio Foodbank
 - City of Columbus:
 - They will collaborate with the City's Parks and Recreation Department to ensure vending machines at recreation centers are updated with messages to "Balance What you Eat, Drink and Do."
 - In addition, they will team up with the Department to present free informational sessions on navigating the beverage aisle and participate with the city's teaching kitchen programs to create awareness of Balance and choice with Columbus parents.
 - Mid-Ohio Foodbank
 - To donate beverage options with less sugar, fewer calories and smaller portions.
 - They also will support the Foodbank's mission by helping bring educational programming to its clients— such as sharing information on how to navigate the beverage aisle .
 - In addition, they will partner for Hunger Action Month in September 2017.
 - In Central Ohio, Balance Calories Ohio is supported by:
 - Coca-Cola Bottling Co. Consolidated
 - Dr Pepper Snapple Group
 - G&J Pepsi-Cola Bottlers Inc.

- Pepsi Beverages Co.
- *2017 Xtreme Eating Awards* –
 - Worst Cocktail Design, Worst Original Appetizer, Most Damage from a Supporting Vegetable, Worst Visceral Effects and Most Ridiculous Ending

10:45am – 11:00am Updates from 9th Biennial Childhood Obesity Conference

Ali Segna

- Sugary Drink Consumption
 - Youth (2-19 y) continue to consume sugary drinks
 - Almost 2/3 consume each day
 - 22% of empty calories and almost 50% of added sugar
 - Soda consumption has declined
 - Energy drinks, sports drinks and sweetened coffees/teas are up
- Disparities in Consumption
 - Adolescent boys consume the most
 - 232 kcal per day
 - Black youth: highest % of total calories
 - Adolescents in low/middle income communities: consume more soda
- TV ads for sugary drinks
 - Growing disparities in exposure
 - 2012: Black teens were viewed 80% more TV ads than white teens
 - 2016: Black teens viewed 171% more TV ads than white teens
- Targeting marketing
 - Toward “multi-cultural” youth
 - PepsiCo
 - Top advertiser in Spanish-language (#7) and black-targeted (#2) media
 - Targeted brands: Gatorade and Mountain Dew Kickstart
 - Coca-Cola
 - Top advertiser in black-targeted media (#10)
 - Targeted brands: Sprite and VitaminWater
- TV food ads viewed
 - 2-11 year olds: 4,672 per year, 13 per day
 - 12-17 year olds: 5,912 per year, 16 per day
- Television Food Ads Viewed by Kids 2-11
 - First is fast food, followed by cereal, other restaurants, candy, prepared foods, sweet snacks and yogurt.
 - Bottled water and Fruits and vegetable ads are 1% each
- Goal for 2025
 - Alliance for a Healthier Generation
 - Reduce calorie beverages per person per day by 20%
 - Baseline (2014): 199 kcal/day
 - Goal (2025): 159 kcal/day
 - Agreement with ABA (Dr. Pepper, Coke, and Pepsi) includes:
 - Calorie counts and promotion of calorie awareness
 - Complete business practice change
 - Consumer education and outreach
- Number of childhood obesity cases nationwide prevented in 2025

- SSB tax would be most effective
- The 8th Biennial Conference included videos created by youth about how they feel about being targeted - will ask Carol for video

11:00am – 11:05am Activity Break

All

11:05am – 11:30am CACFP Updates

Alyssa Dorsey

- CACFP Final Rules effective: October 1, 2017
- Infant Age Groups
 - 0-5 months
 - Will be served only breast milk or formula
 - Providers may receive reimbursement for meals when a breastfeeding mother comes to the program and directly breastfeeds her infant
 - Group members raised breast milk controversy – must follow USDA food safety requirements, but NOT biohazard
 - 6-11 months
 - Solid foods are introduced at 6 months of age with flexibility to introduce solid foods before and after 6 months when requested by a parent or guardian. Previously, CACFP allowed solid foods to be introduced as early as 4 months
 - Fruits and vegetables must be served at snack for infants age 6-11 months if the infant is developmentally ready to accept them
 - Cereals, bread, and crackers may be served beginning at 6 months
 - Whole eggs are now permitted to be served as a meat alternate for infants.
 - Juice is no longer allowed to be served
 - Cheese food or cheese spread is no longer allowed to be served
- Child and Adult Meal Patterns
 - CACFP will include all children up to age 18 if enrolled in afterschool programming
- CACFP Fruit and Vegetable
 - Combined fruit and vegetable component is now a separate vegetable component and separate fruit component at lunch, snack, and supper
 - Option to serve two vegetables at lunch and supper instead of one vegetable and one fruit
 - When two vegetables are served at a meal, they must be two different vegetables.
 - Limits juice to once per day as the fruit or vegetable component
- CACFP Grains
 - At least one serving per day must be whole grain rich
 - Grain based desserts do not count towards meeting the grains requirement
 - Formerly, CACFP allowed cookies, donuts, chocolatey granola bars, and other dessert-type items to count as a grain serving
 - A specific definition of grain based desserts has not been provided
 - A recent update was released that graham crackers will be allowable as a grain component
 - Programs will be allowed to serve grain based desserts for events/special occasions, however they will not be reimbursed
- CACFP Meat and Meat Alternatives
 - Requires yogurt to contain no more than 23 grams of sugar per 6 ounces
 - Tofu, soy product, or alternate protein products will count as a meat alternate

- A meat and meat alternatives will be allowed to be served in place of the entire grains requirement at breakfast a maximum of three times per week.
 - One ounce of meat and meat alternates is equal to one ounce equivalent of grains
- CACFP Fluid Milk
 - Unflavored whole milk must be served to 1 year olds;
 - Unflavored low-fat or fat-free milk must be served to children 2 through 5 years old;
 - Unflavored low fat, unflavored fat-free, or flavored fat-free milk may be served to children 6 years old and older
- CACFP Fried Foods
 - Deep fat-fried foods that are prepared onsite cannot be a part of a reimbursable meal
 - Vended meals that serve fried foods are allowable
 - May still serve pre-fried foods
 - Note: fried foods include anything that is set, soaked or submerged in oil – chicken nuggets, tortilla chips, ramen noodles
- USDA Food Buying Guide
 - Options include:
 - Search food items, can search by food group, for example meat/meat alternates, and further by category, for example cheese, egg, yogurt
- Resources available
 - <https://www.fns.usda.gov/cacfp/nutrition-and-nutrition-education>
 - <https://www.fns.usda.gov/tn/nutrition-wellness-tips-young-children>
 - <https://www.fns.usda.gov/tn/cacfp-meal-pattern-training-tools>
 - <https://www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-child-care-centers>
 - Recommended: USDA recipe book has nutrition information
- CACFP vs. OHP
 - Fruit and Vegetable: very similar
 - Grains: OHP is changing their cereal requirement to better align with CACFP. Previously, OHP required 6 grams per serving or less. It will now be 6 grams of sugar per dry ounce or less. Also, CACFP goes above and beyond OHP by disallowing grain based desserts
 - Meats: OHP specifically eliminates certain highly processed meats. In addition, OHP allows fried foods only once per week. CACFP best practices align with the OHP requirement.
 - Fluid Milk: OHP does not allow flavored milk for any age group whereas CACFP allows flavored milk to be served those over 6 years of age
- Group question: How do these standards compare to elementary requirements?
 - Currently catching up with national school program requirements
 - Recent national program updates have focused on colors of vegetables, decrease in sodium, saturated fat, whole grain requirement

Next Meeting: September 26, 2017, 10:00am-11:30am Columbus Public Health, 119C.

Next Steps: What changes can you make to within your organization to promote Healthy Gatherings?